Middle-Aged and Older Runners Needed for a Research Study!

You may be able to participate if you:
- Are 50+ years
- Have been running at least 3 times per week for the last year
- Have been running at least 10 miles per week for the last year
- Do not currently have a lower limb injury
- Have not sustained a lower limb injury in the past year

The School of Health Studies is studying running movements and muscle characteristics in older runners. 1 laboratory testing session of ~90 minutes at the UM Fieldhouse

If interested, please contact us: rmmajaj@memphis.edu
Middle-Aged and Older Runners Needed for a Research Study!

You may be able to participate if you:
- Are 50+ years
- Have been running at least 3 times per week for the last year
- Have been running at least 10 miles per week for the last year
- Do not currently have a lower limb injury
- Have not sustained a lower limb injury in the past year

The School of Health Studies is studying running movements and muscle characteristics in older runners.
1 laboratory testing session of ~90 minutes at the UM Fieldhouse

If interested, please contact us:
rmmajaj@memphis.edu
Middle-Aged and Older Runners Needed for a Research Study!

You may be able to participate if you:
- Are 50+ years
- Have been running at least 3 times per week for the last year
- Have been running at least 10 miles per week for the last year
- Do not currently have a lower limb injury
- Have not sustained a lower limb injury in the past year

The School of Health Studies is studying running movements and muscle characteristics in older runners.
1 laboratory testing session of ~90 minutes at the UM Fieldhouse

If interested, please contact us: rmmajaj@memphis.edu
Middle-Aged and Older Runners Needed for a Research Study!

You may be able to participate if you:
- Are 50+ years
- Have been running at least 3 times per week for the last year
- Have been running at least 10 miles per week for the last year
- Do not currently have a lower limb injury
- Have not sustained a lower limb injury in the past year

The School of Health Studies is studying running movements and muscle characteristics in older runners.
1 laboratory testing session of ~90 minutes at the UM Fieldhouse

If interested, please contact us: rmmajaj@memphis.edu
Middle-Aged and Older Runners Needed for a Research Study!

You may be able to participate if you:
- Are 50+ years
- Have been running at least 3 times per week for the last year
- Have been running at least 10 miles per week for the last year
- Do not currently have a lower limb injury
- Have not sustained a lower limb injury in the past year

The School of Health Studies is studying running movements and muscle characteristics in older runners.
1 laboratory testing session of ~90 minutes at the UM Fieldhouse

If interested, please contact us:

rmmajaj@memphis.edu
Middle-Aged and Older Runners Needed for a Research Study!

You may be able to participate if you:
- Are 50+ years
- Have been running at least 3 times per week for the last year
- Have been running at least 10 miles per week for the last year
- Do not currently have a lower limb injury
- Have not sustained a lower limb injury in the past year

The School of Health Studies is studying running movements and muscle characteristics in older runners.
1 laboratory testing session of ~90 minutes at the UM Fieldhouse

If interested, please contact us: rmmajaj@memphis.edu